PUBLIC HEALTH FACT SHEET | Isolation and Quarantine

Public health officials use many methods to control the spread of infectious disease. Two of these methods are isolation and quarantine. Both methods aim to control exposure to infectious disease.

Isolation is for people who are sick with an infectious disease.
- Isolation separates and restricts the movement of sick people so they can't spread disease to healthy people.
- Isolation is a routine procedure in hospitals and healthcare facilities.
- Isolation is voluntary, but in a public health emergency, officials have the authority to isolate people who are sick.

Quarantine is for people who have been exposed to an infectious disease, but are not sick.
- Quarantine separates and restricts the movement of people who have been exposed to an infectious disease and may become contagious.
- Quarantined people may or may not become sick.
- Quarantined people may stay at home so they don't spread disease to healthy people.
- If you are quarantined and you become ill, you can seek medical treatment from a healthcare provider.
- Quarantine is voluntary, but in a public health emergency, officials have the authority to quarantine people who have been exposed to an infectious disease.

For More Information
- Talk to your healthcare provider
- Visit the N. J. Department of Health and Senior Services website at www.nj.gov/health
- Call the N.J. Department of Health and Senior Services, Communicable Disease Service at (609) 588-7500.
- Call your local department of health. The number can be found in your local telephone book or at this webpage: www.nj.gov/health/lh/directory/lhdselectcounty.shtml
- Visit the Centers for Disease Control and Prevention website at http://www.cdc.gov/ncidod/sars/isolationquarantine.htm

www.nj.gov/health

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DEC 08